


HAGAR'S SISTERS
Emotional Abuse Checklist

Check the answer that best fits your relationship:

	Often	Sometimes	Rarely	Never
Does your partner frequently put you down or criticize you, even in front of others?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do they make you feel inadequate, no matter how hard you try?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are you spending less time with loved ones because your partner discourages it?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have you noticed that your partner tries to control who you interact with or what you do on social media?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Does your partner get jealous when you spend time with others, even when there's no reason to be?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Does your partner deny things they've said or done, making you doubt your own memory?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Does your partner try to control your actions, such as how you dress, where you go, or who you talk to?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do they make decisions for you without considering your opinion or desires?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Does your partner withhold affection or attention as a way to punish or control you?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Does your partner blame you for their anger, frustrations, or failures?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do they refuse to take responsibility for their actions, always shifting the blame onto you?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Does your partner use threats to control you, such as threatening to leave you or harm themselves if you don't comply with their demands?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Does your partner make you feel guilty for things beyond your control?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

If you recognize any of these signs and ready to take the next or first step in your healing journey, please contact Hagar's Sisters at (978) 266-0053 or emailing us at Care@Hagarssisters.org